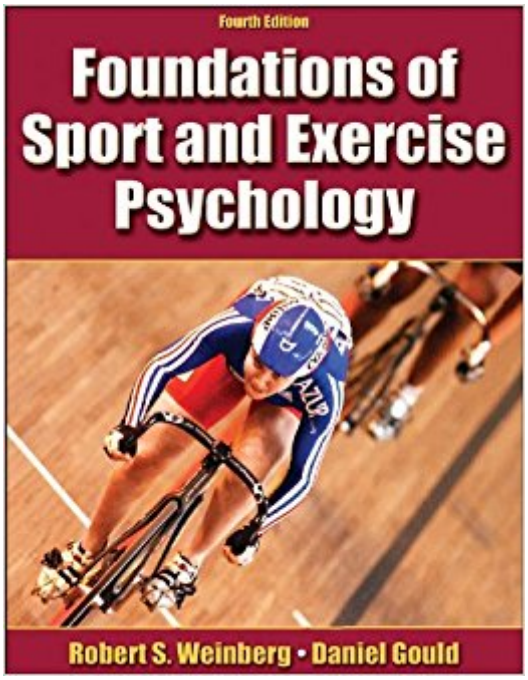
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Foundations Of Sport And Exercise Psychology



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Synopsis

Foundations of Sport and Exercise Psychology, Fourth Edition, the new edition of the best-selling sport and exercise psychology book on the market, continues to provide a thorough introduction to the key concepts in the field. Written by internationally respected authors, it provides students and new practitioners with a comprehensive view of sport and exercise psychology, bridges the gap between research and practice, conveys principles of professional practice, and captures the excitement of the world of sport and exercise. A supreme effort has been made to meet the increasing needs of professors, practitioners, and students. To further improve the total learning experience, the new edition features-an online study guide that provides an interactive learning experience for students; -thoroughly updated material that reflects the latest research and practice in the field to keep students aware of recent findings and hot topics in the field; and-more contemporary practical examples, case studies, and anecdotes to help students understand various theories and concepts.Foundations of Sport and Exercise Psychology, Fourth Edition, allows students to gain an understanding of the field while learning how to apply sport and exercise knowledge. The book contains seven parts that may be studied in any sequence. Part I introduces students to the field, detailing its history, current status, and the various roles of sport and exercise psychologists. Part II focuses on personal factors that affect performance and psychological development in sport, physical education, and exercise settings. In part III, the authors focus on two major classes of situational factors that influence behavior: competition and cooperation, and feedback and reinforcement. Part IV focuses on group interaction and processes, while part V discusses how psychological techniques may be used to help people perform more effectively. Part VI addresses the various roles psychological factors play in health and exercise. The final section, part VII, deals with main topics of psychological development and well-being that are important to both society and sport and exercise psychology, including children's psychological development through sport participation, aggression in sport, and moral development and good sporting behavior in sport and physical activity contexts. Includes an online study guide!To assist students using the text, Foundations of Sport and Exercise Psychology, Fourth Edition, has a companion online student study guide. Completely integrated with the text, the study guide allows students to experience content through multiple dimensions. Students will receive free access to the study guide with the purchase of a new text or it may be purchased as a separate component. The online study guide is a trend-setting addition that will allow the subject of sport psychology to come alive to its users. The study guide is written to work directly with the text; mentions of the study guide appear in each chapter to encourage readers to take advantage of the study guide's

learning tools. This online study guide features more than 90 individual and small-group learning activities that may be printed and handed in or e-mailed to instructors for assessment. These activities require students to -use actual sport and exercise psychology instruments to assess their skills,-determine how to respond to real-life scenarios (with short answers or essays),-review and design research studies and experiments, search the Internet for relevant information, and apply and test their -understanding of sport and exercise psychology principles and concepts.Audio clips feature esteemed experts from the field discussing key course concepts that they have studied and refined during their professional careers. Students will hear from experts such as:-Robert C. Eklund, PhD, FACSMProfessor at Florida State University-Diane L. Gill, PhDProfessor at the University of North Carolina at Greensboro-Rainer Martens, PhDPresident of Human Kinetics-Judy L. Van Raalte, PhDProfessor at Springfield College-Robin Vealey, PhDProfessor at Miami University in Ohio-Craig Wrisberg, PhDProfessor at the University of TennesseeThese and other experts offer a great deal of insight on the issues being discussed in the text, and most chapters contain at least one expert audio clip. In addition, each chapter of the study guide opens with an audio introduction by Dr. Daniel Czech, the mentor throughout the online study guide.Video clips provide students with a realistic look at how sport psychology consultants interact and communicate with athletes to improve athletic experiences. In these video clips, students will watch as Dr. Czech interacts with a basketball player who is having trouble shooting free throws and a softball team that isn't connecting on or off the field. These videos offer an opportunity for students to peer into the Ã¢â ¬Å“real worldÃ¢â ¬Â• of a practicing sport psychology consultant.These audio and video clips help students understand the research and practice of sport psychology in today's society. In addition to the inclusion of the new online study guide for students, the instructor ancillaries have also been improved. Updates have been made to the presentation package containing more than 900 PowerPoint slides, the test bank of more than 800 questions, and the instructor guide. Foundations of Sport and Exercise Psychology, Fourth Edition provides a powerful learning tool for understanding human behavior in sport and exercise settings. This new edition continues to ensure that future researchers and practitioners in the field are well equipped and enthused about the possibilities and challenges they will encounter.

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